



Finding Freedom from Your Fears

H. Norman Wright

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Millions of people struggle with fear. In *Freedom from the Grip of Fear*, Dr. H. Norman Wright helps readers understand their fears and the negative effects they can have on life. He also provides proven steps to overcome both physical fears, such as a fear of heights, and emotional fears, such as anxiety and loneliness. Wright gives practical and biblical suggestions, techniques, and exercises for steering thoughts and attitudes away from fear and toward the hope and inspiration found in God's truth. Previously published as *Freedom from the Grip of Fear*

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